

## **DIGA LEARNING CYCLE**

“DIGA” means describe, interpret, generalize and apply. It is a tool to use when you are coaching someone or leading a group debrief. It is a natural cycle that helps you stay focused to ask good questions and facilitate learning. In general, you should spend about 80% of the cycle asking describe and interpret questions. Here are some examples of DIGA questions:

### **Describe:**

Describe what just happened. (You can even break it up and ask them to describe what happened in different stages).

What was this like for you?

What did you see?

How did you feel when...?

What did you do?

### **Interpret:**

(Use information from what was said in Describe)

What caused this to happen?

What might have been different if you tried it another way?

How was that good/not so good?

What does this suggest about you/the group?

What patterns are we seeing here?

### **Generalize:**

Where have you seen this before?

Does this remind you of anything that has happened recently?

What did you learn or relearn?

### **Apply:**

What would you do differently next time?

What are your options for handling a similar situation in the future?

How can you take this experience and apply it to another situation?

What do you want to remember from this experience?

# “Search and Rescue”

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**Purpose:** This structured exercise is a great way for participants to experience cooperation, communication, managing, and asking for what they need. This activity can be used for a variety of different lessons and outcomes

**Materials:**

- Three or four landing pads
- 4-8 ten foot ropes tied to a ring with a hook
- One helicopter with a ring
- A circle – 50 ft in circumference

**Set-Up:**

- Have team members get in pairs outside of the room. Each pair must have one blindfolded member and one sighted member.
- The sighted member is the air traffic controller and the blindfolded member is the pilot. Air traffic controllers may only talk to their pilot and not to each other. Pilots may talk with one another.
- Have the air traffic controllers lead their pilots to a rope outside of the circle the props should be in place:
  - The ropes are threaded through the ring
  - The ring is in the center of the circle and the ends of the rope are extending out of the circle
  - The landing pads are spread out within the circle.
- Instruct pilots to pick up a rope
- Inform the team that they need to lift the helicopter and place it on each of the landing pads to rescue the people on that island. They must return to the base after each rescue.
- Give a time limit.
- This exercise is complete when the helicopter has been placed on all of the landing pads and returned to the base.

